

Safe Routes to School

BIKE RODEO EVENT GUIDE



MCDOT created bike rodeo events to educate elementary school students about general bike safety best practices, and transportation safety through interactive events that inform students how to safely ride bikes in their community.



Safe
Routes
to School



montgomerycountymd.gov/SRTS

EVENT ACTIVITY OUTLINE

- » **SET-UP/ ARRIVAL**
- » **WELCOME SPEECH**
- » **ICEBREAKER**
- » **HELMET AND BIKE FITTING**
 - » **HELMET DEMO**
 - » **PERFORMING AN 'ABC' BIKE CHECK**
- » **COURSE WALK-THROUGH DEMONSTRATION**
- » **GAMES/ CONTESTS**
- » **INFORMATIONAL PACKET TO TAKE HOME WITH BIKE SAFETY TIPS**
- » **BREAKDOWN/ DEPARTURE**

MCDOT has hosted these events and now offers this guide to school and community organizations to conduct their own events.

Each Bike Rodeo is typically **90-minutes**. Plan for a total of **three (3)** hours each event for set-up, event, and breakdown. MCDOT will supply 10 bikes, an obstacle course and some educational materials and related giveaways. Participants are welcome to bring their own bikes.

Bike Rodeos work best outside in a parking lot or other paved surface and can also be held indoors in a gym or similar location.

SET-UP/ ARRIVAL

1. **Set-up informational table with helmets, print material.**
2. **Build a bike rodeo course.**
3. **Disinfect bikes and scooters by wiping them down. Wipe bikes in between riders as they return from the course.**

WELCOME SPEECH:

Introduce parents, family members and students to the MCDOT Bike Rodeo. Provide information on the background of MCDOT, its programs and the purpose of the event.

Script:

"Hello, welcome to the 2022 Bike Rodeo event brought to you by the Montgomery County Department of Transportation (MCDOT). MCDOT hosts its annual Bike Rodeo events to educate students in elementary to middle school on the importance of transportation safety through interactive events that inform students how to safely ride bikes in their community."

Provide a verbal breakdown of how the events will happen by using the above Event Activity Outline. After the event outline is provided, proceed with an icebreaker.

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ICEBREAKER:

Energize parents and students by facilitating fun icebreakers.

» Morning Stretch

Arms, legs, wiggle the entire body, jumping jacks.

» Chant: "We ride safely on our bikes, and watch out for cars to save our lives."

» 30-second dance party

» Cha-cha slide (Organizer should bring a portable speaker to play music for the event)

» Simon Says

HELMET AND BIKE FITTING:

Provide registrants that signed up for Bike Rodeo events with a helmet if they do not have their own.

MCDOT can provide helmets and disposable hairnets to use for the bike rodeo for participants who do not have their own helmet.

Perform a Helmet Check:

1. Helmet straps should create a "V" shape around the ear.

Place the helmet on the child's head. Their head should fit perfectly in the hallowed inside of the helmet.

2. No more than three fingers should fit between your eyes and helmet.

Have kids place three fingers on their forehead. If more than three fingers can fit on the forehead, the helmet is too big.

3. Only two fingers should fit under your chin strap.

Have kids place their index and middle fingers under their chin strap. If more than two fingers can fit under

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the strap, the strap is too loose and should be tightened.

Perform an ABC Check

An 'ABC Check' should be performed each time before riding your bike.

1. Air

Check the air pressure of your bike tires by pinching the sides of the tires with your fingers. Then gently press down on the tire to make sure the tires are not flat. Tires should be sturdy, but not filled with too much air.

Visually check for nails, holes, or bumps on the tires.

2. Brakes

Check the brakes on your bike by walking the bike forward and squeezing the handle brakes. The bike should stop immediately. If the handle brakes are too easy to squeeze, they should be tightened.

3. Chain

Check the bike chain before riding by looking at the chain to make sure it's aligned on the track. Stand the bike on one wheel by using two hands to lift the bike off of the ground. Use your foot to kick the pedal to make sure the chain is working smoothly.

Visually check for rust on the chain.

COURSE WALK-THROUGH DEMONSTRATION

Walk-through demonstration will consist of the following stations:

» **Info Table**

Get fitted for helmets.

» **Bike/ Scooter Station**

Pick up their sanitized bikes and scooter.

» **ABC Check**

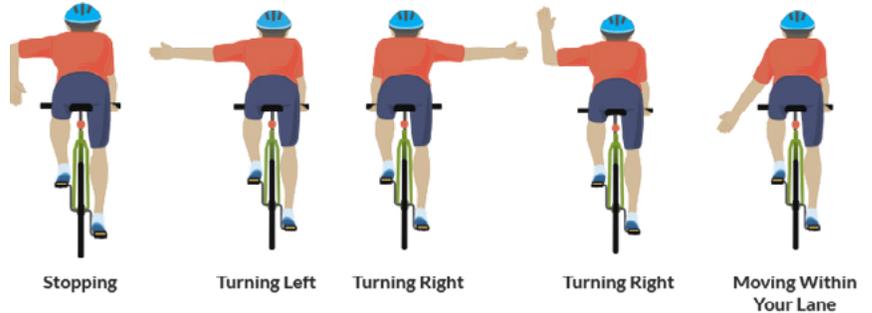
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Learn how to check your bike and chains before riding.

» Hand Signals

Teach kids proper use of hand signals to inform drivers of your intended direction. Arms should be at a 90-degree angle for stopping.



» Crosswalk

Kids should get off of their bikes before crossing the crosswalk because its

» More safe

Easier to stop for turning vehicles

» Stop signs

Always stop at the stop sign and use hand signals.

» Cones

Kids should weave in and out of the cones to strengthen their coordination and to learn how to avoid unexpected obstacles in the road. Weaving through the cones strengthens their control of the bike.

» Home base.

At the end of the course, kids will either rotate the bikes (which

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will be cleaned in between riders) or get back in line and do the course several times.

GAMES / CONTESTS

» Red Light, Green Light

Use the stop sign to coordinate

» Bike Race Relay

Break into teams and place kids on each side. Once the kids on one side reach the other, the following side will go. Repeat for two rounds and see who wins.

» Follow the leader.

Team lead leads the line, then each kid leads the line. Check if they are following the rules they learned.

» Slow and Steady wins the race

See who can complete the course in slow motion.

Event Prizes:

Have bags pre-made and filled with prizes and information to give to participants at the end.

INFORMATIONAL PACKET

Get from MCDOT or create your own bags filled with prizes and information to give to participants at the end.

BREAKDOWN / DEPARTURE

1. Pack all items and prepare for pick up.
2. Coordinate with Team Lead with MCDOT for instructions on where to drop or pick up the materials.

HAVE QUESTIONS?

Contact SRTS@montgomerycountymd.gov or call 240-777-7169.